

THE COLONNADE

The Official Student Newspaper of Georgia College

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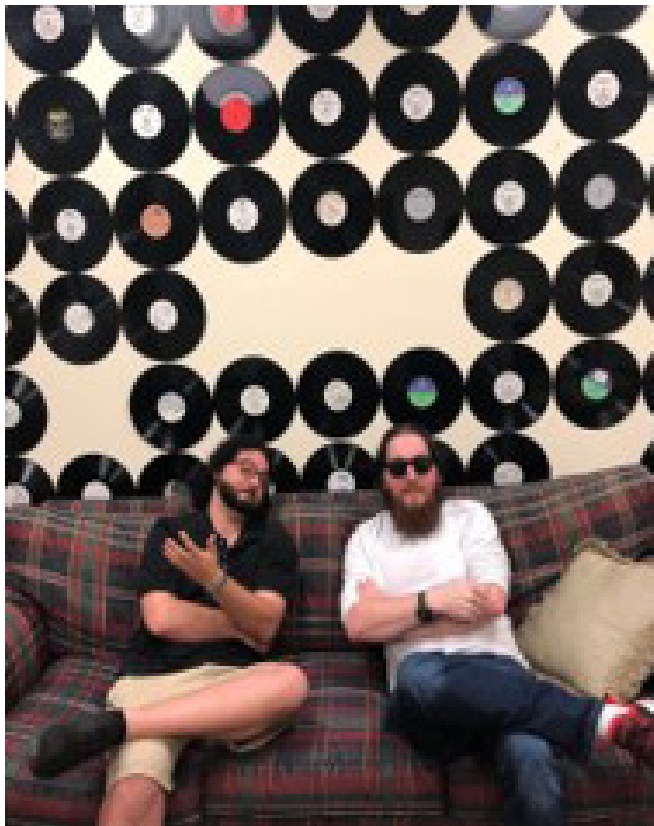
Local bands and artists thrive in downtown Milly

Natalie Sadler
Contributing Writer

Flashes of bright tie-dye, funky, Grateful Dead inspired jam solos and eccentric costumes greeted the crowd at Buffington's on April 20 for The Woof's single release party.

Guitarist Ronnie Flow and bassist Alex Stone anticipated each other's moves, and drummer Michael Andrew kept a tight beat. Flow and Stone's instruments echoed each other in a funky, descending jam, and singer and GC senior Cody Martin added his vocals and synthesizer on their newest single, "The Funky Side of Life."

The Woofs released their second EP, "Subwoofer," in June on Spotify and iTunes. "Subwoofer" offers fans new lyrical content and the usage of synthesizers and organs for a combination of traditional funk and new-age jamtronic sound. "We were trying to touch on new lyrical



Courtesy of Natalie Sadler

Alex Stone and Cody Martin from The Woofs relax

themes," Stone said. "We wanted to have something more existential."

The Woofs recorded "Subwoofer" in late February at The Underground Attic, a recording studio out-

side the Atlanta perimeter. They finished the recording session with their single, "The Funky Side of Life."

This EP is a different sound from their last, self-titled EP.



Courtesy of Peter Gullo

Emma Gullo performs at a local bar

"I think the biggest change was that this [recording at The Underground Attic] was the most professional recording environment we've been in," Flow said.

Martin, Andrews, and Flow formed The Woofs in 2017, but the band got its start when Stone joined last fall. "We [Stone's other band, Station Seven] were

doing a team up show at Sweetwater in Atlanta with the Woofs," Stone said. "I really liked these guys and we wanted to do a cross-over jam. It was going to be a throwaway thing, but I played with them that first night and it was something really special. At this point, everything has been built off of that [jam]."

The Woofs have been playing in Milledgeville for two years. However, there are new bands and solo artists who are on the rise as well.

Baldwin Avenue, a psychedelic, southern rock band formed Sept. 2018. This band is comprised of GC students, with business MIS major Ford Smith on vocals and guitar, exercise science major Harrison Weatherly on guitar and bass, English major Austin Collard on bass, marketing major Kyle Nunnally on guitar, and exercise science major Daniel Cisco on drums.

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How to form tackle your rush crush on bid day

Eric Boyd
Sports Editor

GC's sororities flooded front campus filled with excitement and ready to meet their organization's new members on Aug. 14.

The joyous event has always been known for its celebration of love and sisterhood. However, it has become known for something else in recent years.

Bid day is now infamous for participants expressing their excitement by tackling one another.

The scene plays out akin to something from Planet Earth. The Serengeti of front campus plays home to packs of sororities preying on unsuspecting potential new members.

The new members rove the jungle in groups of four until their new sorority pounces. The two run at one another and clash in the middle in a fury of laughing, screaming, and tackling. This ritual is called running home. "I think it just kind of



Courtesy of Caitlin O'Day

Delta Zeta sisters brace for impact on bid day

happens on accident," said Delta Zeta Delilah Sheehan, a junior MIS major. "I don't think we really mean to tackle them to the ground, but sometimes when you're a small girl and there's five seniors running at you, that's

just how physics works."

The tackle comes from a place of love made all the more astounding when one considers the circumstances. These ladies hardly know each other.

See TACKLE | Page 5



Meghan Lindstrom | News Editor

Vape display at Your CBD Store in Milledgeville, off North Columbia Street

Herbal approach to pain management appears in Milly

Meghan Lindstrom & Nicole Hazlett
News Desk

A new CBD store in Milledgeville gives GC students access to holistic medicinal approaches.

Your CBD Store opened its doors to the public on May 20. It is one of the store's four locations, owned by Steve Davis, that sells CBD products in all forms.

CBD was legal to sell in the state of Georgia as of a year ago. Your CBD Store sells CBD vapes, edibles, oils, water solubles, gel capsules and skincare products.

Contrary to most beliefs, CBD is not derived from the marijuana plant, but from its sister plant, Hemp. CBD contains almost all medicinal factors that THC does, but without the "high."

The CBD extract can be used in different forms and

each form varies depending on the person using CBD. Your CBD Store factors in allergies and other bodily reactions to find the right product for each person.

There are many benefits to CBD for people of all ages. CBD has been seen to have a positive effect in combating anxiety, stress, insomnia, chronic pain and more.

See CBD | Page 2

NEWS



HEAT WAVE HITS MILLY DURING BID DAY

Find out why a heat advisory was issued on Aug. 14

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SPORTS

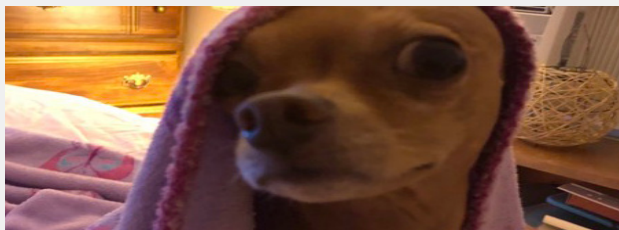


INTRAMURAL PRICE CHANGES

Starting this year, students can pay \$10 a semester for unlimited intramurals

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ARTS & LIFE



STUDENTS FACETIME FURRY FRIENDS

Find out how students stay in contact with their pets during the school year

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NEWS

CBD

Continued from page 1

“You see people who come in and they can’t walk or they have arthritis really bad in their hands and can’t open their hands and they take CBD and the next month they come in and he’s opening his hands and she’s not walking with her walker anymore,” said Renee Nation, the manager of Your CBD Store. “You get to see the full benefit of it.”

Nation wants to start giving discounts to college students. Because students go through so much stress with college, she thinks it is beneficial to have the option of using CBD.

Some GC students have already taken CBD into consideration as an alternative to prescription medication.

“I used CBD gummies to help with my anxiety because I did not want to take antidepressants,”

said Fagan Kennedy, a senior marketing major.

Kennedy takes one gummy when she wakes up and another before bed to keep her anxiety at bay.

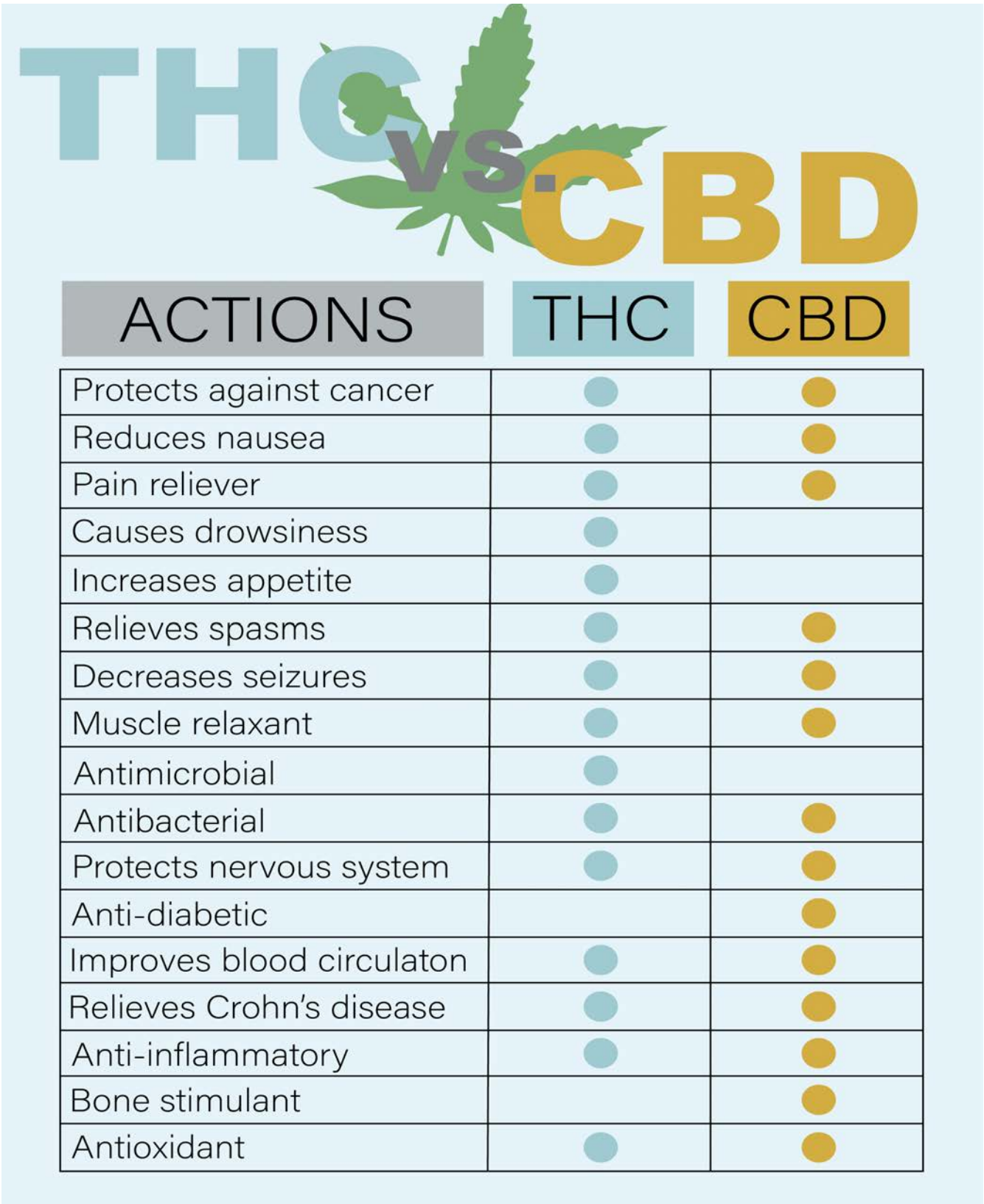
“My anxiety is literally gone,” Kennedy said. “I never feel different, I just feel calm.”

According to state law, you must be 18 years or older to purchase CBD products.

Faculty and staff at GC are also becoming more educated about CBD as it becomes a more prevalent topic in media.

“I would say I think it’s fine to try it out,” said Dr. Hali Sofala-Jones, an English Professor. “I’m not one who’s against holistic medicine or alternative medicine, especially in a climate where we cannot completely trust big pharma,” said English professor Dr. Hali Sofala-Jones.

Many, like Sofala, are looking to see what this discovery can do for those suffering from mental and physical illnesses as CBD grows in popularity.



Angie Yones | Art Director



CBD oil display at Your CBD Store

Meghan Lindstrom | News Editor



Your CBD Store common space and shop

Meghan Lindstrom | News Editor

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Sept. 5	Sept. 26	Oct. 24
Sept. 12	Oct. 3	Nov. 7
Sept. 19	Oct. 17	

The Colonnade is looking for staff writers, editors, designers, videographers, and more for the 2019-2020 school year. Contact thegcsucolonnade@gmail.com for more.

NEWS

Heatwave strikes Milledgeville during Week of Welcome

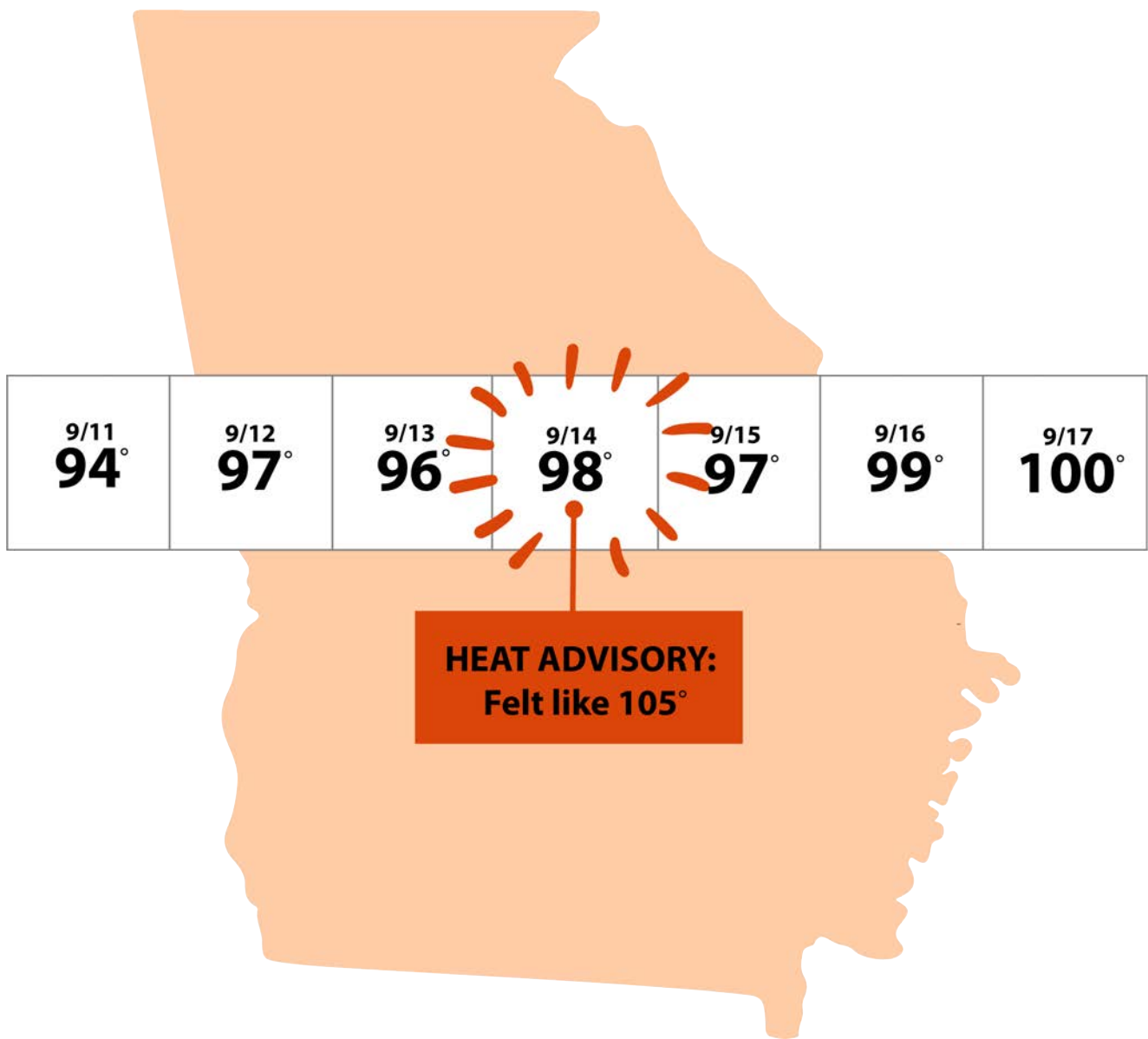
Meghan Lindstrom
News Editor

GCPD issued a heat advisory to warn GC students about extreme temperatures in Baldwin County on Aug. 14.

GCPD implemented the advisory during sorority recruitment on the morning of bid day due to an elevated heat index of 105 degrees Fahrenheit.

“We were seeing a trend where we were getting notifications from FEMA that we were under official heat advisories from the National Weather Service,” said GC Chief of Police, Brett Stanelle. “We did have one heat-related injury on campus during the week prior to the main move in and knowing that we had a bunch of outdoor activities coming up--the main move in, GC gives day [and] all of the Week of Welcome events--we wanted to make sure people were cognisant of the weather.”

According to the National Weather Service, a heat advisory is issued when the combined average of air temperature and humidity temperature reaches 105 degrees Fahrenheit for a minimum of two hours, making



Angie Yones | Art Director

the temperatures threatening to human health.

GCPD believed that the Baldwin County notification posed as a threat to the safety of GC students and sent out the advisory.

Students noticed the drastic change in temperature the day the advisory was sent out via email alert. Maggie Huss, a senior exercise science major, did not

see the advisory but could tell it was hotter that day.

The initial heat advisory launched discussions between GCPD and event coordinators on campus.

GC Student Life requested that GCPD set up their mobile command center at outdoor Week of Welcome events, such as move-in, the fireworks display and the block party that took

place on Green street.

Faculty, staff and other organizations worked together to pass out water to keep students hydrated at all times. The Student Health Center was also present as an extra precautionary measure.

“We made ourselves present at many of the Weekend of Welcome events where we knew

students were going to be exposed to the heat,” said Britt McRae, direct of Student Health Services.

According to Stanelle, there were no major injuries during the Week of Welcome.

“I think I handed out 500-600 water bottles during the block party just to make sure people were having a good time and

were doing so safely without any risk of danger to themselves,” Stanelle said.

During recruitment when the advisory was put in place, organizations were working together to provide adequate conditions for potential new members.

Sororities set up tents, fans and water stations outside of their houses for potential new members to stay hydrated and stay out of the sun.

This continued into bid day where sororities had plenty of water and indoor activities lined up. Kappa Delta had their bid day activity at the local bowling alley, Lake Country Lanes.

“They had waters for every member and new member,” Huss said. “During the day, we were in places with air conditioning after our activities outside. We had easy access to water if we needed to refill our water bottles or have a cup of water through the day.”

No complaints were made to GCPD regarding the heat during the week of recruitment and move-in activities.

“I don’t think we received any complaints,” Stanelle said. We set things up preventively on the front end and I think that mitigated it on the back end.”



Courtesy of Deanna Gilbert

Alyssa Gilbert and Deanna Gilbert on bid day after Alyssa accepted an AOII bid



Courtesy of Julia Chance

Julia Chance with her bid day buddy, Maiya Shmurduq, on Phi Mu's bid day



Courtesy of Abby Rowe

ADPi sisters, Ann Margaret Irvin, Claire Gower and Emily Watmore, at bid day



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SPORTS

Tackle

Continued from page 1

“It’s nuts because we’re about to tackle this girl to the ground because we’re so excited she’s here, even though we’ve only talked to her for maybe 20 minutes of her whole life,” Sheehan said.

The bid day blitz is an increasingly wild spectacle that has garnered the attention of those well beyond the GC community.

Cassidy Carlson, a member of Alpha Delta Pi, knows this better than anyone. A video of her sisters tackling her on bid day went viral and made it on the popular Greek life Instagram page Old Row.

“I was expecting it, but not anything of that magnitude,” Carlson said in regards to being tackled.

“It definitely felt like I got hit by a truck but in the best way. It was definitely done out of love. Someone even told me tackles like this are why football players wear pads.”

The sacking of the sisters gives rise to a pressing question: How does one properly form tackle their rush crush on bid day? This year’s batch of potential new members

have already found their homes and are happily strutting their letters, but it’s never too early to begin preparation for next year.

“Sorority bid day is the closest thing to a football team GC will ever have,” said Hannah Doblías, president of DZ.

Reviewing the GC football team’s game tape highlights a few

“Sorority bid day is the closest thing GC will ever have to a football team,” -Hannah Dobilas

interesting points.

First, the ladies attack their target with incredible savagery and effort.

A key point to any form tackle is to run through the target and drive the hips, which the ladies accomplished with flying colors.

Many of the Greek ladies employed a shouting banshee methodology when running at their target. This is a strategy usually seen in rugby, but the adoption of such methods only highlights the ladies’ tackling savvy.

It’s only natural for a southerner to grow up watching college football with their father on a fall

Saturday. The father, who is almost always stretched out on the recliner eating potato chips, usually berates the collegiate athlete’s tackling ability.

What specifically is he criticizing?

The player’s ability to wrap up when tackling. Wrapping up represents the crucible of a proper form tackle. However, it is a key point the ladies from bid day seemingly never took to heart.

Such mistakes can be forgiven. After all, the point of this article is to educate.

Another flaw in their form is their pad level. Pad level refers to the height at which one tackles another.

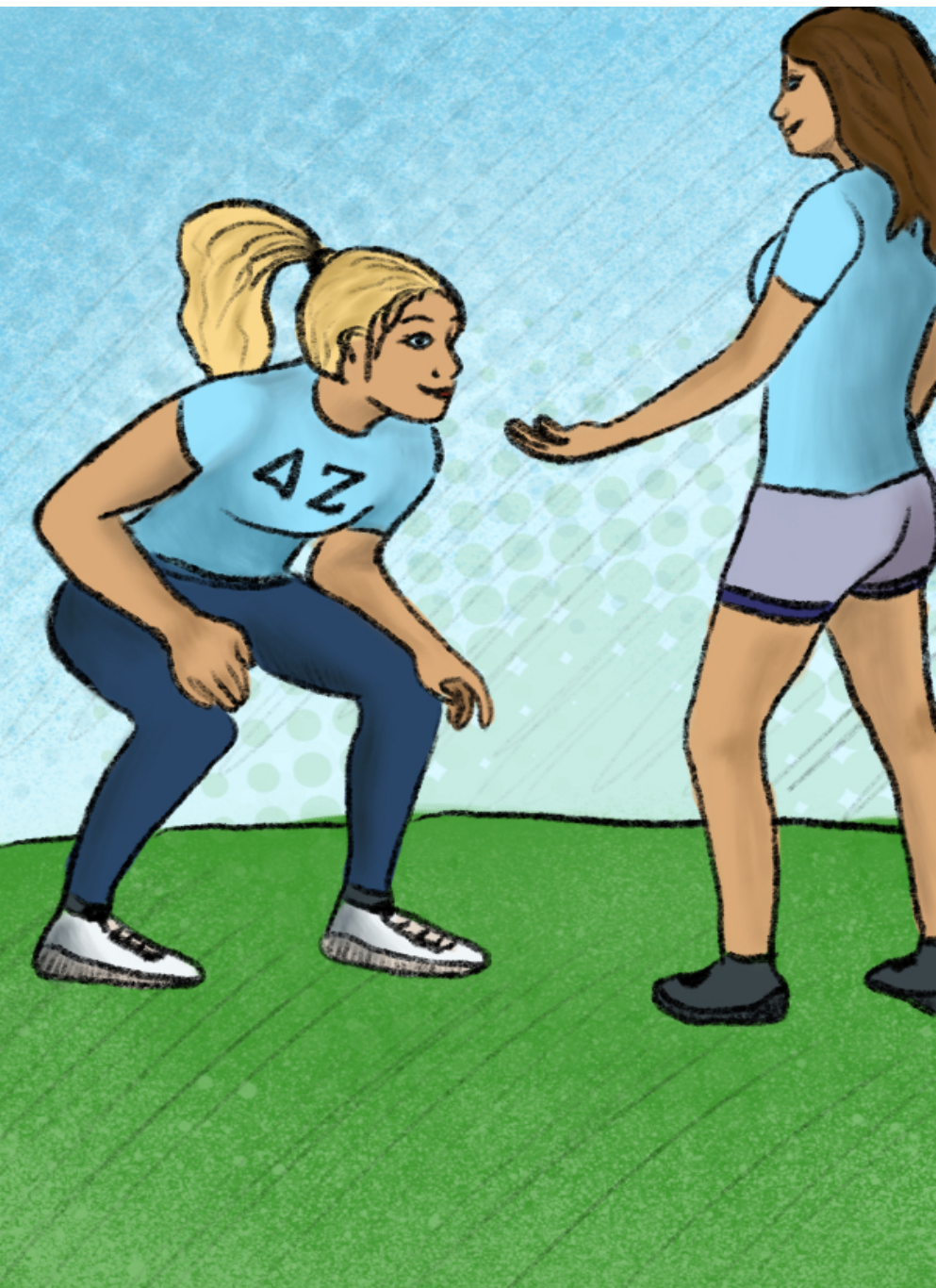
A strong form tackle incorporates a low pad level.

The game film from bid day showcases atrocious pad level.

Had any middle school football coach observed such poor pad level, they surely would have snapped their clipboard over their knee and made their team run laps.

Ladies consistently shoot across the field at one another, performing stand-up tackles and demonstrating a complete lack of regard for the danger of concussions.

Concussions and their development into CTE represent the NFL’s greatest issue. One would un-



Emma Lammers | Asst. Graphic Designer

derstandably be disappointed to see bid day display such a lack of concern over a serious issue.

Drunk on sorority spirit and overcome with a zealous love of sisterhood, the gaps in technique from bid day no doubt come from a place of love.

The purity of their intentions wipe away

any form tackling related indiscretions.

After all, the very same intentions that created flawed tackling techniques created an atmosphere of love, acceptance and unity. Such an atmosphere resulted in hundreds of ladies proudly wearing their organizations’ letters and feeling right at home.

That’s not such a bad trade off.

One can hope that on a summer day in the not too distant future, a DZ or an Alpha Gam or a Phi Mu will run home across the lawn and be met not only with love and joy but also with a perfectly executed form tackle. It’s a beautiful dream.

Intramural prices change for 2019 school year

Ava Leone
Staff Writer

Implemented this year, GC’s Wellness and Recreation Center charges \$10 per player pass for semester long intramural involvement fees.

The deadline to purchase a pass expires August 28. They can be found online, at the Wellness Center desk or through the all inclusive WRC app.

“More people are excited about the \$10 instead of having to pay for every single intramural sport,” said Director of Wellness and Recreation Bert Rosenberger.

Previously, the fees were paid in a \$50 lump sum by each team. This

means a student on four different teams would pay four separate fees.

The WRC also gave out codes that teams could use to sign up for free. The codes will no longer be used, but there were opportunities to win free individual player passes at the fountain area the first week of school from 11 a.m. to 2 p.m.

Now, students will be able to play on multiple teams with a one time payment at the beginning of the semester. Each student will pay their own intramural involvement fee.

Rosenberger talked to field participants and student staff members over the last year seeking their opinion on the switch. He then modeled the fees after UGA’s \$25 play pass.

The new player pass-

es attracted team captains because they often ended up turning in their team members fees. Some team members would not reimburse the captains who paid out of pocket for their player passes.

“It’s not a huge amount of money, and it’s simpler,” said Rosenberger. “Especially for the captains, the captains were giving us hugs.”

Eliminating the previous team fee model allows each player to be accountable for their own money and gives players the chance to be involved in a variety of teams without the monetary penalty.

Some students are hesitant with the new fee as it may be more costly for them.

“I think, from a Greek life point of view, that these player passes are not

the best option for us,” said Alexa Pellack, a junior athletic training major and director of Delta Gamma’s interfraternal activities.

Pellack said she understands the passes simplify the payment process for those heavily involved in intramural sports, but complicates dues for her sorority members.

“I don’t want to make our girls have to pay out of pocket for this,” said Pellack, “but I don’t know if our budget for intramurals would be big enough to cover it for all the girls.”

Pellack attended the open meetings organized by the WRC center the first week of school to voice her opinion and clear up any misunderstandings with the new program.

Those heavily involved

in intramurals will get a better deal with the passes compared to those who participate on one team but the deal lies within the involvement of the student.

“It’s not uncommon for us for someone to play between four to eight different intramural teams in a semester,” Rosenberger said. “If you look at it like that, well you’re paying your share of four to eight teams.”

William Horton, a junior economics major said he had never heard of the player passes but thinks the program will be beneficial for him.

“I’ve been pretty heavily involved in intramurals since I got to college,” Horton said. “I plan on being involved in just basketball and ul-

timate frisbee this year.”

Rosenberger said he was nervous about the number of people registered to sign up teams. He suspects that because the fees are due individually, students will push off paying for their passes until the last minute. He hopes to have approximately the same number of registered students as there were last year.

The player pass fee allows the WRC to support the sports variations that make GC distinctive from other schools.

Rosenberger said intramurals could be free but without the fee, the program would lack its diversity of activities.



Courtesy of WRC

Students playing intertube water polo at the WRC pool



Courtesy of WRC

How I Set Your Mother celebrating their volleyball championship in spring 2019

ARTS & LIFE



Angie Yones | Art Director

Let’s talk about sex baby, let’s talk about IUD

Katie O’Neal
& Morgan Simpson
A&L Desk

People, especially young adults, are scared to talk about sexual health topics with others. It is something that should be talked about and should be taken seriously. One of the important things under sexual health is pregnancy prevention. As college students there is no denying there is a lot of sex going on. Between going out partying and dating mixed with young adults away from home, no wonder there is an abundance of sex. That being said, safety is key. “If someone is going to be sexually active, then it’s really important for them to practice safe sex and to take control of their own sexual health,” Director of Women’s Center, Jennifer Graham said. Here are some birth control methods, both for women and men, that will help college still be fun without any surprises.

Birth Control Implant
The implant, is a tiny rod that releases hormones into your body to prevent pregnancy. The implant is inserted into the arm and works for up to five years. According to Planned Parenthood, the birth control implant is one of the safest, most effective and convenient birth control methods available. The implant is 99% effective. Like other birth control methods like the pill, the implant can make periods better. The implant can lessen the pain of period cramps and keep your period lighter as well. The implant is estrogen-free, which is helpful for those with health problems that prevent them from using birth controls that use estrogen. The implant contains very low-maintenance, making this method of birth control popular. Like most birth control methods, once you stop taking it, you can get pregnant afterward.

IUD
An IUD is a T-shaped device inserted into the uter-

us to prevent pregnancy. This form of birth control is long-term and like the implant reversible if taken out. The IUD lasts for three to twelve years but is not permanent and can be removed to get pregnant. Different from other forms of birth control, a non-hormonal copper IUD, called Paragard, can be used as emergency contraception after unprotected sex. According to Planned Parenthood, if the Paragard is inserted within five days of unprotected sex it’s more than 99.9% effective. The IUD is 99% effective and is stated by Planned Parenthood as one of the best birth control methods. After the actual implantation of the IUD, common side effects are cramps or pain in the lower abdominal area but it should not last long. The IUD is safe for most people excluding certain conditions like pregnancy, prior abortions or different cancers. “IUDs are one of the best ways to prevent pregnancy, and they last for years. You can get it, forget it and still be protected,” said Planned Parenthood.

Similar to other birth control methods, the IUD can help with periods. The Hormonal IUDs (Mirena, Kyleena, Liletta and Skyla) can help alleviate cramps and make periods lighter. However, others just stop having a period altogether. “I think it’s better than taking a pill every day,” said Bailey Fassel, senior exercise science +major. “It’s a lot less stressful.”

Birth Control Shot
The shot is an injection taken every three months. The shot consists of the hormone progesterin, which prevents ovulation and therefore prevents pregnancy. For the shot, it must be administered by a nurse or doctor, so it is important to remember the appointments every 12-13 weeks. When used accurately, the shot is 99% effective. In real life, however, with human forgetfulness, it is in reality 94% effective. The shot is important to be taken up to 15 weeks after the first or previous shot. The shot is safe for most people, but like most medicines, it can come with side effects or risks. The birth control shot

is safe, however, birth control with progesterin can increase the risk of other health problems.

Birth Control Pill
Birth control pills are hormonal medicine. The pills come in a pack of a month and one pill is taken each day. This method is important to take at a similar time each day and requires an alarm or good memory to stay on track. This way the pill will be most effective if taken properly. If taken every day, the birth control pill is very effective. If it is used correctly, it should have a 99% effectiveness, however, with human error and forgetfulness the reality of the effectiveness is 91%. Like other medicines, the pill is safe for most people, but there can be side effects. There are two different types of birth control pills. The combination pill, which is the most common, contains estrogen and progesterin while the Progesterin-only pills have just the progesterin. Not only is the birth control pill used for preventing pregnancy, but it also has health benefits. It can

make your periods lighter, ease cramps, and help with acne among other things.

Condom
Condoms are small pouches made out of latex, and plastics, among other things, that covers the penis during sex and catches the semen. Unlike other pregnancy prevention methods, condoms are pouches so they help protect from sexually transmitted diseases. It prevents most of that skin-to-skin contact in sex. The prevention of STDs gives the condom the upper hand over prevention methods in this area of sexual health. Condoms prevent both pregnancy and STDs but of course, they are not perfect. If used perfectly it is 98% effective but humans make mistakes so it is more likely to be 85% effective. Planned Parenthood lists the benefits of condoms: effective against STDs, does not cost much and is convenient, can be sexy (with different condom styles), help other methods of birth control work even better, and have no side effects (unless allergic to latex).

Grow up and budget like a boss

Everybody wants to make “money moves” but first you have got to make your money move

Amy Lynn McDonald
Editor-in-Chief

The word “budget” can conjure up feelings of constriction, or strike at the fear of taking on the weight of full adulthood that seems to brutally age our graduated friends. “A budget is just a financial plan,” said Susan Manrodt, a lecturer in the accounting department. “To say budget to the average college student means killjoy or ‘there will be no fun because this budget somehow constrains me.’” Yes, plans take time and they take effort but there is a reward in the end, and benefits are multiplied by the hard work you put in. “I find that students presume that because they have so little, their financial plan is set: they picked up a school, borrow money, and paid tuition, which is non negotiable,” Manrodt said. “So now, all they plan is ‘do I have enough gas money to get home.’” However, I am here to tell you that your path is not set.

Anyone can jump in the fast lane to success with a slight shift in mindset and habits that will translate into a better trajectory. I have kept my own sort of money plan, or budget, since early high school when I began working a summer job to pay for gas. At first, I was annoyed with my parents for wanting me to manage my money a certain way, but I have seen my budgeting practices pay off in wonderful ways. “Any kind of plan actually allows you freedom,” Manrodt said. “If you sit down and actually plan to have new clothes next month or be able to buy mom a Christmas gift. Planning allows you to be generous. It can take away all kinds of angst about money, it can allow me to buy myself something.” In my own life, I’ve been able to buy my friends great gifts, donate to causes I believe in and fund my own travel across the country. Every time I swipe my debit card for these purchases, I feel no regret, no worry, no angst. I follow a plan that allows me the freedom to spend without

regret. There is no limit to the power of a plan. I’ve grown up hearing and repeating a mantra popularized by the financial guru Dave Ramsey: “Live like no one else, so one day you can live and give like no one else.” Any sort of success first begins with the proper mindset, followed by a few simple practices. Financial success is no different.

In order to start your financial plan, you’ve got to first understand that any amount of money can and must be managed. From there, you’re ready to begin the hardest part of building your plan: understanding your starting point and setting your goals. Begin by examining your habits, and realize it can be painful to see where all your money is going.

However, this is where you understand how you can take control of your money, regardless of income. For example, total all the money you’ve spent in the last month on food and drinks. Or, take it a step further and look into the future by checking on the total for your student loans. Once you’ve identified bad habits and noted where you can improve, set financial goals. Maybe you want a new dress for formal in the spring, or you want to buy your significant other a nice gift for Christmas. Create an action plan to achieve these goals. Maybe save \$15 per paycheck leading up to formal, or cut out buying coffee for a few weeks and set that money aside for Christmas. After crafting your plan, stick to it. The first goal should be small and easy to achieve, as a built-in reward. When you’ve saved up your money, go swipe your card and revel in the joy of knowing the purchase is taken care of, and you don’t have to suppress any worry. If you feel prepared to jump into a tangible budget, your system de-

pends on where you are in your habit-building journey, as well as the regularity of your income. For a month to month expenses with regular income, you can explore apps like EveryDollar or Mint. These track things like rent, groceries, gas and “fun” money. Dividing a set amount of money to last an entire semester is an equally daunting task. Building a quick Microsoft Excel spreadsheet with categories of what you spend money on will help you tackle this challenge. Record your total amount of money, then divide it by limits to spend per category per month. A simple Google or Pinterest search will yield hundreds of budget inspirations as you tweak your process and plan over time. Wisdom and success is measured by how far you can see into the future. The goal of college is to educate yourself to prepare for the future, so why not begin to build the habits and systems to prepare for a future of financial success too?

GET MAAD

These are the beginning steps to plan and build towards success, regardless of how much money is in your account.

M

INDSET:
Decide to view finances as something within your control, to be harnessed for your own success.

A

WARENESS:
Make yourself aware of your spending and saving habits, both healthy and unhealthy.

A

CTION:
Choose a course of action for yourself based on your finding. Will you set yourself a limit on iced coffee, or choose to save a portion of your paycheck?

D

ETERMINATION:
Make small, incremental goals that you want to achieve and then reward yourself when you achieve one!

Angie Yones | Art Director

ARTS & LIFE

Bands

Continued from
page 1

Baldwin Avenue got its start through roommate connections. Roommates Weatherly and Nunnelly were playing with Smith, but they needed a drummer. When they found out that Cisco, their mutual friend and classmate, played drums in high school, Weatherly and Nunnelly invited him to join. Col-lard, the last piece of the band, recently joined Baldwin Avenue, after he helped them open at the February, Sub-Zero concert for AFTM and the Vagabonds.

Smith wanted to start a band since joining college, and prefers playing in a band to playing alone.

“I always wanted to play with other people,” Smith said. “I made a post on Bobcat Exchange and thankfully Kyle reached out. We started jamming with him and Harrison. It was nice to play with other musicians instead of sitting in my apartment day after day playing by myself.”

It can be difficult for musicians to balance their schoolwork and band practice. However, Baldwin Avenue has adjusted to this process.

“We really don’t practice that much,” Cisco

said. “But leading up to a show, it only takes two or three times practicing to get us syncing.”

Like The Woofs, Baldwin Avenue relies on body language to cue each other during instrumental jams.

“On the stage, we have cues,” Smith said. “We’ll give a head nod to each other and say, ‘hey, that’s you.’” It’s kind of nice to step back and hear someone else do their own thing.”

GC students can support Baldwin Avenue at their next Buffington’s show on Sept. 14.

Upcoming solo artist Emma Gullo, a freshman creative writing major, is

used to playing on her own.

“I always loved to sing, and I started singing five years ago,” Gullo said. “My dad and I went to Nashville and set up on a street corner. People would stop and listen and sing along with us. That was the catalyst to playing back at home.”

After playing at WGUR’s Open Mic Night in February, Gullo became confident to share her music at GC. Since this impromptu performance, Gullo has performed at the Good Karma Yoga art show, the MUSE theater event, at Metropolis and at the Sounds of South music festival.

“I did not branch out at all my first semester,” Gullo said. “I was nervous because I didn’t know anybody down here who plays music, or venues that would want to have a college kid play. When WGUR had the Open Mic Night, I told my friends to make sure I played. Ever since then, that catapulted me to playing [in front of an audience].”

She plays the acoustic guitar, and is inspired by other songwriters like Sara Bareilles. Gullo hopes her songs make personal connections with listeners, like Bareilles’ songs connect to her.

“I try to pull from who

I am, be genuine and raw and very connected to the earth,” Gullo said. “I like being connected with everybody and meeting new people and hearing their stories. I like to take the experiences I gain from their stories and try to convey those into words.”

Gullo is writing a song about her brother, who has autism, and what it was like to grow up with him since he was seen differently from the world.

“A lot of people would look strangely and different [at him],” Gullo said. “I don’t see that. He’s the best brother I could ever ask for. I try to draw

from stuff like that where it triggers an emotion that you can’t let go of.”

Gullo plans to release an EP soon and is in the process of editing her song’s lyrics. In the meantime, Gullo was busy performing over the summer. She played her first original set at Eddie Owens Presents: Red Clay Theater in May.

“It was an incredible feeling to perform with artists who have their own words to share,” Gullo said. “Music is lyrical poetry, and being able to perform and express who I am on stage, where I know people were listening, was an unreal and unforgettable experience.”

Additionally, Gullo traveled to Savannah to play at the Savannah Carnival, a philanthropic festival that raises money for the Service Dogs Gunner Fund to assist veterans and disabled children with service dog expenses.

Gullo also auditioned for American Idol to gain experience, and she connected with one of the casting producers. She has decided she wants to pursue music in the future.

“My relationship with music has been going through some tough times, but in the last month I had this epiphany,” Gullo said. “I honestly couldn’t see myself doing anything but this. It’s [music] been the only thing that has not changed over time.”



Angie Yones | Art Director

Students stay in contact with their furry friends

Compiled by Katie O’Neal
A&L Editor



“I was on the phone with my mom, and we were talking about my dogs. She then hung up and facetedimed me, so that I could talk to them.”

—Riley Dunn, freshman nursing major.



“My mom is crazy about our dog, Mija, and she always makes great posts about her! She buys her outfits and dresses her up and it’s the funniest way to see that crazy dog.”

—Grace Smith, freshman studio art major.



“My parents send me updates on my cats missing me.”

—Jeffrey Davis, freshman psychology major.



“My brother sends me videos of my dog, champ to get me through stress.”

—Trent Nicholas, senior political science major.



“My parents facetime me so I can still talk to my dogs. It’s fun to get to see them even though I’m far away.”

—Haley Baxter, freshman art major.



“My mom sends me pictures of my dog, Taylor, so I can keep in contact with her.”

—Olivia Jones, freshman criminal justice major.



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